Промінь

Promin

З'їзд СУС Канади

USRL Convention 2015

Значення Дідуха

The "Didukh", A Symbol

Нова Галерея Мистецтв

Art Gallery in the Spotlight

Союз Українок Канади

December 2015/January 2016 Issue

ПРОМІНЬ

Виходить що другого місяця,
видає
СОЮЗ УКРАЇНОК КАНАДИ

Рік *LIV*
грудень 2015 - січень 2016

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Canada

Союз Українок Канади
Ukrainian Women's Association of Canada
National Office
10611 - 110 Avenue
Edmonton AB T5H 1H7

РЕДАКЦІЙНА
Editorial

Дорогі Читачі!

Щиро вітаю Вас радісними Св'ятами Різдва Христового та Новим Роком! Бажаю усього найкращого!

У цю пору року, згадаємо чудові українські традиції, які ми канадці українського походження так радо продовжуємо та підтримуємо. Слава Вам усім за зберігання цієї багатої спадщини!

Ще хочу пригадати, що маємо й інші скарби, які ми повинні зберегти в наших музеях та інституціях. Покоління, що народилося після Другої Світової Війни, старіється. Ці люди часто говорять про викидання того, що їм уже не потрібно, або що подарували їм покійні батьки та що вони ніколи не вживали.

Переселяються в менше поміщення. Хочуть збутися непотрібних до денного життя речей. Часто дітям теж не цікаво мати цих речей.

Не викидаймо їх! Даруймо своїм музеям! Вишивки, ткання, писанки, кераміка, різьба, фармерське приладдя, стародавнє кухонне приладдя, тощо. А архіви даваймо тим інституціям, які зуміють їх шанувати та належно зберігати.

Зате, **ДАРУЙМО ГРОШІ** своїм музеям, щоб вони змогли продовжити свою цінну працю та щоб мали місце, де тримати й виставляти наші скарби. Хай наступні покоління подивляться на свою багату спадщину та познайомляться нею!

Христос народився!

Леона Фарина Бриджес

Поправка: У минулих числах, між іншим, на стор. 10 від жовтня/листопада, де надруковано "по-українське", це мало б бути або "по-українськи" або "по-українському". Вибачте.

Dear Readers,

In this Christmas season, we revive once again those beautiful Ukrainian Christmas traditions that we have come to know and love. Bravo to all of you who celebrate Christmas by honouring some or all of the customs of your Ukrainian forefathers!

There are, however, other aspects of our heritage that deserve preservation. On November 7, 2015 the Ukrainian Museum of Canada, Alberta Branch showcased recent acquisitions and honoured donors and donations. What a timely move!

These days, it is not uncommon to hear members of the "baby boomer" generation talk about downsizing, moving into a smaller abode, discarding things that are no longer absolutely necessary for day to day living, disposing of those things gifted to them by their parents, that they have never used. Often, one's children have no real use for these items either. ***Don't just throw them out!***

Embroideries, weavings, pysanky, inlaid woodwork, pottery, ceramics, pioneer farm implements, pioneer kitchen implements. Give them to a museum. Direct archives to an institution that can store and preserve them appropriately. ***DONATE!*** *Donate money to these museums and archival storehouses, so that there will be room to conserve them and space for their display to future generations.*

Christmas is a time of giving, so let's give a thought to supporting those institutions whose mandate is to preserve our rich Ukrainian Canadian heritage for future generations.

Christ is born!

Leona Faryna Bridges

Editor's Note: The six locations of the Ukrainian Museum of Canada are:

Ukrainian Museum of Canada Headquarters
910 Spadina Crescent East
Saskatoon, Saskatchewan S7K 3H5

http://www.umc.sk.ca

Calgary Collection
404 Meredith Road NE
Calgary, Alberta T2E 5A6

www.stvlads.co/museum.html

Alberta Branch
10611 - 110 Avenue NW
Edmonton, Alberta T5H 1H7

www.umcalberta.org

Manitoba Branch
1175 Main Street
Winnipeg, Manitoba R2W 3S4

www.htuomc.org/museum.html

Ontario Branch
620 Spadina Avenue
Toronto, Ontario M5S 2H4

www.umcontario.com

British Columbia Branch
154 East 10th Avenue
Vancouver, British Columbia
V5T1Z4.

We are once again offering

"Buy One Get One Half-Price"

Promin Subscriptions!

(Just in time for Christmas!)

Our regular subcription form as well as the special offer form can be found on page 35.

DEADLINES!

Please note that the deadline for submissions for our February - March issue is

December 20, 2015.

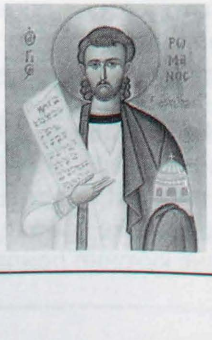
Future submission deadlines will fall on or around the 20th of every second month should you wish to plan accordingly.

For more information contact: bridgesl@telus.net

The Alberta Benevolent Cantor Association

THE ALBERTA BENEVOLENT CANTOR ASSOCIATION provides training and resource material for cantors in Ukrainian Orthodox parishes. We welcome all interested individuals to become members and those who wish to train as cantors.

Alberta Benevolent Cantor Association
11837 – 66 Street
Edmonton, Alberta T5B 1J2
Telephone (780) 990-0019
info@albertacantors.ca
www.albertacantors.ca



St. Romanus, the melodist

DONATIONS

Donations

- Yvonne Ivanochko, Etobicoke, ON $25.00
- Marusia Wenger, St. Leonard, QC $25.00
- Nathalia Sugden, Palgrave, ON $50.00
- Jean Naciuk, Edmonton, AB $25.00
- Caroline Tokarik, Kelowna, BD $50.00
- Lillian Skoretz, Buchanan, SK $ 5.00
- Stephania Spytkowsky, Beamsville, ON $25.00
- Estate of Annie Logozar, Two Hills, AB $200.00

Christmas Greeting Donations

- UWAC St.Olha Branch, Vernon, BC $100.00
- St. Andrew's Ukrainian Orthodox Ladies Auxiliary, Edmonton, AB $200.00
- UWAC-Alberta Provincial Executive, Edmonton, AB $200.00
- UWAC Olena Pchilka Branch, Yorkton, SK $60.00

Donations in Memory of...

- Caroline Malayko, Edmonton, AB, in memory of her husband, Andrew $50.00
- Irene Lind, Orleans, ON, in memory of her Mother, Maria Kostiuk $100.00
- UWAC Daughters of Ukraine Branch, Regina, SK, in memory of Mary Batryn (Musey) $75.00
- UWAC Daughters of Ukraine Branch, Regina, SK, in memory of Dora Kereluk (Dumanski) $75.00
- Dr. George Lysyk & Family, Oshawa, ON, in memory of Peter Burak $50.00
- Victor Koszarny, Oakville, ON, in memory of Olena Koszarny-Semeniuk $250.00
- Len & Karina Logozar, Joanne & Wade Giles and Vivian & Ernest Skakun, Edmonton, AB, in memory of their Mother, Annie Logozar $300.00

May their memory be eternal!

The Board and staff of Promin wishes to thank every donor for each donation. We fully understand the service, the dedication and the commitment that each dollar represents and we are honoured by, and thank you for, your support.

Відзначемо тих, що отримали СУСівські Нагороди в наступнім числі Променя. The USRL Awards of Excellence will be featured in our next issue.

News from Lesia Perritt,
UWAC National President

Христос Рождається! Славім Його!

Підчас Різдвяного посту, ми готуємося на радісне торжество Різдва Спасителя Ісуса Христа. Ми постимо, переглядаємо минулий рік, возз'єднаємося з родиною і друзями і плануємо наші свята і події на наступний рік.

Крайова упрва Союз Українок Канади сердечно вітає ієрархів, духовенство та віруючих. З Різдвом Христовим та новим роком, складаємо Вам щирі побажання щастя, і кріпкого здоров'я. Бажаємо всім нашим читачам мир і Боже благословення.

Christ is Born! Let us Glorify Him!

During Advent, we prepare for the joyous celebration of the Nativity of our Saviour by fasting, reviewing the past year, reconnecting with extended family and friends and planning our celebrations and future events.

The National Executive of the Ukrainian Women's Association of Canada warmly greets all the hierarchs, clergy and faithful during the Holiday Season. May God's blessings of good health and peace be bestowed on all our readers during celebration of the Nativity of our Saviour Jesus Christ, and throughout 2016.

USRL Biennial Convention

During the Ukrainian Self Reliance League (USRL) Convention in Calgary, August 5-9, 2015, UWAC held its Biennial Convention and seven resolutions were debated and passed. These resolutions will be included in full in the UWAC National Newsletter that will be sent to the Provincial Presidents for forwarding to the branches in their jurisdictions.

UWAC Resolutions

Briefly, the resolutions passed were as follows: to register a change to Article VII in the Constitution, to encourage joint activities between branches and the Ukrainian museums, to encourage events commemorating the life and work of Taras Shevchenko, to visit sites and plaques/acknowledge official recognition of the internment of Ukrainian Canadians, to write letters to MP's to support Ukraine's recovery, to pray for the well-being of Ukraine, to encourage new Ukrainian immigrant women to join our organization and to attend Holodomor memorial events and visit related monuments.

An additional resolution was to encourage individual branches to provide, to the National Executive, a write-up of an event related to a church Holy day and/or a cultural celebration with the encouragement and assistance of Provincial Executives and the support of other branches and parishes. The documentation of these events along with photos will be compiled by the UWAC National Executive in celebration of the UWAC 90th anniversary in 2016.

With this latter resolution, we hope to collect the unique cultural and religious traditions practiced in your

branch or parish. For instance, in addition to the Divine Liturgy or other service, how does your branch or parish celebrate the Pentecost, St. Nicholas Day, the Eve of Theophany or the blessing of Easter baskets? How do you commemorate Soul Saturday, Lazarus Saturday, Holodomor or the Transfiguration of the Lord? We encourage you to select one special event in your parish which may or may not be listed, describe the significance of this day and how you observe it, include related biblical readings, if applicable, and photos. By December 31, 2016, please send all your documentation of the event to the National UWAC office for compilation and sharing. In this way, your branch will contribute to a valuable teaching tool and an archival history of the cultural and religious practices in the Ukrainian Orthodox community in Canada.

Holodomor (Death by Starvation) Commemorations

No doubt many readers attended Holodomor Memorials and Commemorations in November. There is growing awareness of the Great Famine in Ukraine in 1932-1933 and an increasing number of commemorative monuments are being erected around the world. In August, a large monument was installed in Washington, D.C. with the official dedication scheduled for November 7, 2015.

Also, according to www.atlanticcouncil.org, a new movie entitled Bitter Harvest directed by Canadian, Ian Ihnatowycz, is expected to be released in 2016. The film is a love story set during the time of the Great Famine. Hopefully, more of the general public will learn about the heinous genocide perpetrated by the Stalinist regime against the Ukrainian population by viewing this film.

Ukrainian Women's Association of Canada (UWAC) Membership

UWAC is a paid member of the following organizations.

- Ukrainian Self Reliance League (USRL)
- World Federation of Ukrainian Women's Organizations (WFUWO)
- Ukrainian Canadian Congress (UCC)
- Ukrainian World Congress (UWC)
- National Council of Women of Canada (NCWC)

The National Executive receives information from these organizations, provides input as required and disseminates information to UWAC Provincial Executives for distribution to their respective local branches.

UWAC Welcome Packages, Pins and Certificates

A Welcome Package is available for all new Ukrainian Women's Association of Canada (UWAC) members. Branches may purchase the Welcome Package for distribution to new members at a cost of $20 per package. It includes a smoloskyp (torch) pin and a bookmark indicating smoloskyp significance, the Constitution and By-Laws, a brief history booklet, a brochure about the organization, a sample issue of Promin, and the protocol for forming a UWAC honour guard at Memorial and Funeral services.

Certificates and Smoloskyp Pins are available for presentation for every 5 years of membership, up to and including 80 years of membership in the Ukrainian Women's Association of Canada.

Branch Certificates will be awarded to UWAC branches celebrating significant anniversaries. Please let us know when your Branch is celebrating a special milestone so that we can forward a certificate in recognition of the occasion.

A NEW Certificate is now available for presentation to a non-member, male or female, who has made an exceptional contribution with his/her voluntary support or assistance to a UWAC branch. You can acknowledge their dedication with this special certificate. Thank you to Vera Melnyk of Toronto for suggesting that such a certificate be produced.

When requesting any of the fore-mentioned items from the National UWAC Office, please allow adequate time for assembling orders and shipping.

90th Anniversary

The Ukrainian Women's Association of Canada marks its 90th Anniversary in 2016 and branches are encouraged to celebrate this milestone. As a 90th Anniversary project, endeavor to document an event in

your Parish as previously described under the section UWAC Resolutions.

You are also encouraged to read about the history of our organization. A brief history of the first 85 years was written by Zennia Yuzik, National President from 2007-2011, and is available from the National Office. An extensive history of the first 50 years of the organization, 1926 to 1976, was published in 1986. It is expected that the detailed history of the 25-year period, 1976 to 2001, will be available to readers in 2016.

Lesia Perritt
President

Cover image:
Photo by Lesia Perritt

Back cover image:
Photos from the Opening of the new ACUA Gallery and Gift Shop
(See inside back cover for more information.)

Шановна Адміністраціє Журналу "Промінь"!

Я Микола Лещук, а моя дружина, Марія Лещук. З великим смутком із сльозами в очах, повідомляю Вас, що Марія Лещук упокоїлася 14-го лютого, 2015 р. Я тепер перебуваю в Пансіоні ім. Івана Франка в Міссісаґа, Онтаріо. Мені уже минуло 93 роки і тут це місце є для таких людей як я, що доживають. Тут є добре; я задоволений. Чекаю на операцію для очей (катаракти), отже вибачаю за письмо!

Залишаюся з пошаною до Вас усіх,

Микола Лещук,
Міссісаґа, ОН

Редакторка: Дорогий пане Лещук, прийміть наше щире співчуття по втраті своєї дружини, Марії. Вічна їй пам'ять! Дякуємо за повідомлення.

Dear Leona,

Congratulations on the continued excellence of your publication. Promin has always been a part of my life. My mother had a long-standing subscription and after her passing I have chosen to continue with my own subscription. The articles are well written and of interest and it's nice to know what other members and branches of the Ukrainian Women's Association of Canada are doing across the country. It keeps us connected.
I want to thank you for including me as the featured artist in this latest edition. I was so surprised and overly pleased to see my paintings arranged so creatively on the front and back covers. I extend my compliments to the graphic artist (Dobr. Erin Haugen) for her wonderful vision and imagination.
Those that know my art work recognized the two images, immediately. I am very honoured to have been given this opportunity.

Thank you again and wishing you continued success.

Best Regards,

Lesia Shipowick,
Toronto, ON

Enclosed is a donation to Promin in memory of my dear late parents, Petro and Maria Shewchuk, both being long and devoted supporters of the Ukrainian Press. Вічна їм пам'ять!
The fresh new format of

СЛУХАЄМО СВОЇХ ЧИТАЧІВ!

Promin is inspiring and I wish the editorial staff continued success! The cover photograph on the August/September 2015 issue is unforgettable. The pride and joy in owning wonderful embroidered shirts is so evident and brings to mind earlier times in my life!

Best wishes,

Nathalia Sugden,
Palgrave, ON

Dear Editor,

Kudos to Editor and staff for a most interesting journal. Keep up the good work!

Pauline Kindrachuk,
Vernon, BC

To Promin,

Blessings to everyone at Promin. Thank you for the wonderful job you are doing. God bless you and your families at Thanksgiving and always,

Elaine Mazier Maksymiuk,
Saskatoon, SK

Pryvit, Leona!

I look forward to this wonderful Promin now. To you and your staff, please keep up the good work.

Z Bohom,

Stephania Spytkowsky,
Beamsville, ON

I eagerly await each issue of Promin and read it cover to cover on its arrival. I commend the contributors and editorial staff for the well-written articles in this attractive and informative magazine.

Щира подяка авторам та редакторам за цікавий журнал.

Леся Перритт,
Едмонтон, АБ

Thank you for all the hard work that goes into producing Promin and some interesting stories and articles. I enjoyed trying out some of the recipes as well!

Sincerely,

Irene Lind,
Orleans, ON

Шановна Редакціє!
Keep up the good work!
З пошаною,

С. Радчук,
Вінніпег, МА

Dear Mrs. Bridges,

Thank you so much for printing my stories. I have had many phone calls commenting on the topics I chose and the stories you published. I enclose a donation to Promin in memory of my husband, Andrew. May his memory be eternal!

Your sister in Christ,

Caroline Malayko

Шановні Пані!

Мені дуже цікаво читати журнал. Я високо оцінюю працю Адміністрації і дописувачів. Бажаю усім щастя, здоров'я,

Ольга Горегляд,
Ошава, ОН

Do you have something to say? We look forward to hearing from you!

bridgesl@telus.net

or

10731 - 126 Street,
Edmonton, AB, T5M 0N9

Христос Рождається! Славіте Його!
Christ is Born! Glorify Him!

Every year on January 7, we celebrate the Nativity of our Saviour, our Lord Jesus Christ. This is a joyous celebration of Jesus Christ's birth to our Blessed Mother Mary and Joseph. Jesus was born in a humble stable in Bethlehem that was marked by a very Bright Star shining brightly for all to see and to guide us "His way" for our spiritual salvation. Christ God was made God Man so we may live. Man was made in the image of God so we may strive for union with God through the Holy Trinity manifested in the preparation and partaking of the Eucharist.

The icon of the "Nativity of Our Lord Jesus Christ" is symbolic. Baby Jesus is shown, wrapped in swaddling cloth, lying in a cave or grotto to reflect the divine prophesy of the life-giving tomb, while the angels proclaim the Good News. The Three Wise Men represent our search for salvation and the shepherds represent our humble acceptance of and worship of our Lord. "I am the way, the truth and the life. No one comes to the Father except through Me!" (John 14:6)

On January 19, we celebrate the baptism of Our Lord Jesus Christ. This feast day has been called the "Manifestation of God" also "Feast day of Epiphany" or "Theophany". The more familiar name is Feast of Jordan, during which time (January 18) we bless water to commemorate Christ's baptism in the River Jordan. We drink and keep this Holy Water for our physical health and spiritual well-being.

When Jesus was baptized in the River Jordan, The **Holy Trinity** was revealed to us. When the heavens opened and the **Holy Spirit** descended upon Jesus in the form of a Dove, Jesus was anointed as the **Son of God**. And from the heavens was heard a voice of **God the Father** saying "This is my beloved Son of Whom I am well pleased" (Matthew 3:17). Here God the Father is proclaiming publicly that Jesus is his Son.

Христос хрещається/хрестився!
в річці Йордані!
(Khristos Khrishchayetsya!)
(Vrichtsi Yordahnyee)
Christ is Baptized! In the River Jordan!

On behalf of our Ukrainian Women's Association of Canada – Alberta Provincial Executive, I wish to extend our warmest greetings to you and your family. We wish you a year full of good health, good cheer and most of all a life full of God's Grace.

May you enjoy a year of peace and harmony, love and joy, good will and many blessings as we celebrate the Nativity of Our Lord, Malanka and the Feast of Jordan.

Христос Рождається! Славіте Його!
Христос хрещається! - в річці Йордані!

Vivian Skakun
President, Ukrainian Women's Association of Canada-Alberta Provincial Executive

З нагоди
СВЯТ РІЗДВА ХРИСТОВОГО і
НОВОГО РОКУ

Посилають найкращі побажання
членки відділів:

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Британська Колумбія
Жіноче Товариство Церкви
св. Андрея в Едмонтоні, Альберта
С.У.К. ім. Олени Пчілки,
Йорктон, СК

Нашим Церковним Ієрархам і Духовенству,
Центральній Управі і
Провінційним Екзекутивам С.У.К.,
Членкам і їх родинам по всіх відділах С.У.К.,
Редакції журналу "Промінь" і його читачам,
Та всьому Християнському Народові по світі!

ХРИСТОС РОЖДАЄТЬСЯ!
СЛАВІМО ЙОГО!

(Подали Референтки Променя:
Павліна Кіндрачук, Маріяння
Остапчук і Олеся Піць)

UWAC Olena Pchilka Branch,
Yorkton, SK
(Submitted by Promin Convenors
Pauline Kindrachuk, Marion Ostapchuk
and Olecia Pitts)

Orysia Tracz Book Launch

Thursday, December 3, 2015,
Winnipeg, Grant Park in the Atrium

Launch of
First Star I See Tonight: Ukrainian Christmas Traditions

Why do Ukrainians celebrate Christmas without Santa Claus? When do they get their gifts? Why is Ukrainian Christmas celebrated in January? Why do they eat twelve separate meatless and non-dairy foods on Christmas Eve? Why is there an empty place setting and chair at the table even if there are many people? Why do they go around singing in people's homes in the depths of winter? What is a Malanka? What's with all the different things celebrated in such a different way? What does all this mean?

First Star I See Tonight is the first in-depth English-language book on Ukrainian Christmas traditions. Orysia Tracz is a writer, researcher, translator, and speaker on things Ukrainian, especially culture, and has had a life-long interest in Ukrainian rituals and traditions. In this book she explains Ukrainian Christmas origins, their symbolism, and their continuation in Ukraine and around the world, especially in Canada and the USA.

The author has wondered about all this since childhood, and has finally put all of it together (at least most of it). With the strong Ukrainian-heritage population in North America, and the interest shown in Ukrainian traditions whenever Ukrainian Christmas is mentioned in the media, this book will fill a large part of the need for this comprehensive information.

www.mcnallyrobinson.com

Editor's Note: Orysia Tracz was recently featured in Promin, having been a guest speaker on "Eroticism in Ukrainian Folk Songs" during Edmonton's UWAC/TYC Speaker Series in May, 2015.

Рідне Слово

Редакторська нотатка: Якщо вчитеся англійської, прочитайте статтю по-українськи а опісля по-англійськи.

Дідух

Дідух («дід», «дідочок» «коляда», «колядник», «сніп-рай») — українська різдвяна прикраса, символ пожертвування найкращого збіжжя у хліборобських культурах.

Дідух — це дідівський дух, чи дух дідів, тобто всіх попередників роду. Цей давній обряд засвідчує те, з якою великою шаною й повагою ставилися пращури до свого родоводу.

Дідуха робили з першого зажинкового чи останнього обжинкового снопа. Напередодні свят зі стеблин обрядового снопа формували кілька пучечків, обв'язували їх соломинками чи кольоровими нитками. Потім такі дольки складали докупи й обкручували стрічками. До хати його вносили напередодні Різдва. Після обходу обійстя урочисто заносили до хати необмолочений пшеничний чи житній сніп, що спеціально зберігали від часу обжинків. Він перебував в оселі до Нового року або до Водохреща.

Саме в час перебування дідуха в оселі, мають зійтися всі душі родичів, щоб разом повечеряти. Тому на Багату кутю для покійників клали біля Дідуха, де начебто мають перебувати душі пращурів, ложки, а на ніч поруч ставили й коливо (виготовлену з меду й приправлену кутею страву). Так мало тривати доти, допоки сніп перебуває в оселі.

Традиція ставити на Святу вечерю дідух тягнеться з часів язичництва.

Існують дві версії, чому 6 січня із першою Різдвяною зіркою люди заносили у хату «хлібне дерево». За однією з них, коли на полі закінчувалися жнива, а селяни збирали урожай — це було справжнім святом. Щоб відзначити радісну подію, люди несли з поля до хати останній обжинковий сніп. Або кажуть ще, коли Ісус Христос народився в стаєнці, то було дуже холодно. У стіні Йосип знайшов шпарину і затулив її снопом із соломи. Звідтоді існує звичай на Святу вечерю застеляти підлогу в хаті сіном та ставити на чільному місці у кутку (під образами) дідух — символ затишку та тепла.

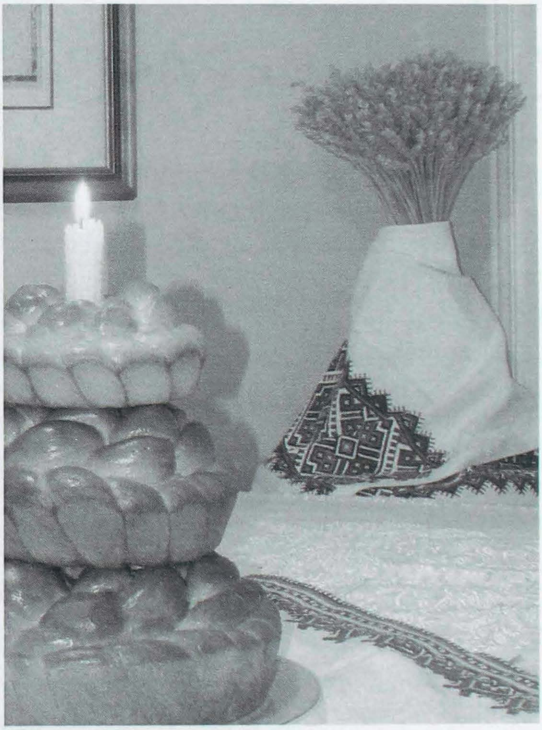
Навесні, на Масляну дідуха спалювали, на знак закінчення зими. Тліючими вуглинками від дідуха хлопчикам 12-13 років підсмалювали кінчик пучка волосся, «щоб не боявся нічого в цьому житті» — це вважалося першим посвяченням у парубки.

http://ukraine.ui.ua/ua/traditsii-obryady/obryadovaya-simvolika/didyx

Editor's Note: To practise your Ukrainian, read this article first, then read it in Ukrainian. Reverse the order if you are learning English.

The Wheat Sheaf ("Forefathers")

The wheat sheaf is symbolic of our forefathers. It is known by various names—"didukh, did, didochok, koliada, koliadnyk, snip-rai". These imply the notion of grandfathers or great-grandfathers or granddaddy (little grandfather) or carol or caroler or even sheaf of paradise. It constitutes a Ukrainian Christmas decoration and a sacrifice of the best wheat of the harvest.



This symbol of the spirit of our forefathers represents all of our ancestors. It has its origins in pagan times. The custom of preparing this sacrificial sheaf of wheat is ancient and it demonstrates the importance of the family tree or genealogy of the family in Ukrainian culture.

Initially, the "didukh" was created from the first sheaf of wheat harvested or from the last one. The day before Christmas, a cluster of wheat stalks culled from the sheaf were chosen and bound together with straw or coloured thread. Several clusters were then combined and tied together with ribbon to form the "didukh". It was brought into the house the day before Christmas. After a peregrination of the farmyard, it was ceremoniously carried into the house (an unthreshed bundle of wheat or rye that had been saved from the time of harvest). It remained in the house until the New Year or even until the Feast of Jordan.

While the "didukh" remained in the house, the living were supposed to dine with the spirits of their deceased ancestors. Thus, on Christmas Eve, "dozhky" were placed beside the "didukh" and at night, a bowl of "kolyvo" or a special form of "kutia" was added. This food remained in place until the "didukh" was removed.

This Ukrainian tradition arose, then, in heathen times.

However, there are two explanations for why Ukrainians bring this "tree of bread" into the house on January 6 with the appearance of the first star. The first is based upon the fact that harvest time in the village in pagan times was a true celebratory event. To mark it, people carried the last sheaf harvested on the farm into the house. The importance of the harvest should thus be remembered. The second explanation is that when Jesus Christ was born in a stable, it was cold out. Joseph discovered an opening in the wall of the stable, which he stuffed with a sheaf of straw. To commemorate this, the floor of the dining room is covered with straw or hay and a sheaf is placed in the corner (under icons) as a symbol of warmth and shelter.

In Spring, at Mardi Gras or Shrove Tuesday, the "didukh" was burned to mark the end of Winter. Twelve to thirteen-year-old boys were given "sparklers" from the "didukh" with which they burned tufts of their hair to prove that in this life they would fear nothing. This constituted their intial initiation into manhood.

Translated by Leona Bridges

http://ukraine.ui.ua/ua/traditsii-obryady/obryadovaya-simvolika/didyx

NEWS FROM OUR BRANCHES

St. Elia members (right) and St. Elia 80th birthday honorees (far right)

LESIA UKRAINKA BRANCH AT ST. ELIA, EDMONTON, AB

In 1999, the "Year of the Older Person", Mary Shewchuk initiated a program of honoring our members in the year of their 80th birthday. To date we have honored 55 women including the following three who wrote their own autobiographies that were presented at the Annual Appreciation Banquet in June, 2015. A fourth 80th year old, Mary Kindiak, was unable to attend.

Christine Stefura

Christine, the eldest child of William and Tillie Letwin, was born on December 26, 1934 on a very cold winter night in her parents' new stone house on the farm northeast of Lamont, AB. She began school when she was 8 years old, mainly because she was shy and small for her age and only knew a few English words like the word "house". To top it off, Creekford School was 3.5 miles from home and situated in an English-speaking community. When she came home the first day of school, she told her mother that she did not know what they were saying because they talk like the frogs in their slough.

She graduated from Lamont High School and entered the work force at Archer Memorial Hospital in the admitting office until her marriage to Mike Stefura on July 21, 1955. They made their home on a farm northeast of Chipman where they had four children. They sold the farm in 1968 and moved to the town of Lamont. Christine was employed with the Alberta Liquor Control Board for 23 years as a liquor store clerk and relief manager. Christine and Mike have travelled extensively and especially enjoyed stepping foot on the land of four villages in Ukraine and Poland where their grandparents were from. They have seen "Old Faithful" in Yellowstone National Park, have climbed the Great Wall of China, have ridden elephants in Thailand, have caught a blue marlin in Acapulco, have panned for gold near Dawson City, Yukon and have seen the changing of the Queen's guards in London, England.

Christine has been a member at St. Elia since the 1970's and has volunteered for church and UWAC events and bingos. She has also volunteered with Meals on Wheels, Pope John

Paul II's visit to Edmonton in 1984 and the World Track and Field event in 2001. She is presently the treasurer for the Alberta Rose Historical Society. She keeps herself busy sewing blue jean quilts, scrapbooking family pictures and researching her family and history books.

Sonia Buzak

Sonia was born in Oralow, SK and moved to Saskatoon to attend business college and work at the CIBC. She moved to Edmonton in 1956 and worked at Eaton's Dept. Store. She married Mac Buzak in 1957 and soon after joined St. Elia Church and the UWAC. Sonia and Mac had a son and daughter who they raised within the St. Elia Church family.

In the 1960's, she taught Church School with Dobr. Natalka Flak and was on the Sadochok Committee. Sonia has participated in numerous committees: bazaar, fellowship, membership, catering and cleaning. She recalls scrubbing the church floors on her hand and knees with the other women. Sonia was very active with Pysanka Manor, a senior's residence connected with St. Elia Church from 1977 until 2007. She continues to volunteer at St. Elia.

Mary Josephine Goly

Mary, the second of four children, was born at home on a cold day—March 4, 1935 at the edge of Cash Lake near Vilna, AB to Joseph and Anna Melnychyn. The family lived in Vilna, Calgary and Spedden before moving to Edmonton in 1944 when Mary was in grade two.

Mary married Steve Goly in 1956 and had two children. Their son, William passed away at age 38 leaving them with two granddaughters, Katherine and Nicole. Their daughter Kathy and her husband Barry have two children, Ryan and Kira. Mary has three great-grandchildren, Bella, Gavin and Nixon. Her husband passed away in 2012.

Mary's first "real" job was the Government of Canada but she also worked at MidWest Paper and ran hotels in Cherhill and Elk Point. Her last job was with Sears. Throughout the years, Mary has helped at St. Elia whenever asked, whether with bingos or catering memorial and fellowship luncheons. She is currently on the Sisterhood Committee, changing linens and cleaning the church and chandeliers.

Annual Appreciation Banquet

At the UWAC Annual Appreciation Banquet, women reaching significant membership milestones are recognized and presented with the appropriate add-on for their Smoloskyp pin.

This year awards were presented to:

50 years:	Tillie Ostrowerka
40+ years:	Mary Kindiak, Anne Doskoch, Anne Horn
25 years:	Anne Wilinski, Rose Yusak, Anne Ewanyk, Justina Trush
20+ years:	Pauline Bochon, Laura Brodyk, Pearl Marcenuik
10-20 years:	Taisa Thomas, Myrna Kostash, Mary Goly, Christine Stefura, Georgina Plishka, Cheryl Petruk, Donna Marianych

The UWAC Lesia Ukrainka Branch at St. Elia was organized in November 1958 with 26 members. Four original members remain: Laura Brodyk, Helen Dzura, Nancy Demchuk and Rachel Melnychuk. In June, 2015, our membership is 64 women.

Submitted by Mary Shewchuk and Anne Doskoch with a donation of $300 from UWAC, Lesia Ukrainka Branch at St. Elia Ukrainian Orthodox Church in Edmonton, AB.

CAMP KOLOMAYKA

Aldergrove, BC

August, 2015 marked the 10th year for Camp Kolomayka. The slogan of "Де на світі я не буду, Коломийку не забуду" (no matter where in the world my travels take me, I will never forget Kolomayka) has been proven true as applications reached capacity even before the posted deadline. Not only did we have many returnees, Kolomayka also welcomed many new younger campers. The children ranged in age from 6 to 15, with fairly equal numbers of boys and girls. All four of the cabins located on Elksgrove campground were filled with laughter and excitement throughout the two-week period.

Every year our campers get to experience a fun-filled, cultural and faith-based program, including Ukrainian language classes, Orthodox faith lessons, cultural arts and crafts, sports, games, great food and, of course, amazing friends. This year was no exception. Our stimulating and educational program consisted of daily language and history classes as well as religion. Campers were grouped by age and language ability in order to maximize their potential to learn and enable us to deliver material appropriate to age and comprehension level. To increase interest in classes, Camp Kolomayka invested in new educational books and Bibles for religion classes. Our resident priests, Fr. Mykhaylo Pozdyk and Fr. Roman Tsplan, found that the children showed a keen interest in the colorful and age appropriate lessons depicted in the books.

During crafts, children painted murals and pet rocks, created their own diaries and nature inspired collages, made beautiful masks, experimented with tiles, tie-dyed and decorated their own T- shirts and, of course, got creative with pysanky.

Sports generated excitement, as the leaders tried to promote teamwork by introducing interesting games like Octopus, Crazy Ninja, Capture the Flag, fourball, as well as classics like soccer, basketball and volley-

ball. On the weekend, campers even played Human Battleship with water balloons and tarps. It was an unforgettable experience. However, the camp's favorite game year after year still remains the simple yet exhilarating Red Rover.

Music classes this year focused on further expanding campers' knowledge of Ukrainian songs from different genres, such as folk and lyrical. Our daily sing-off contests proved that we had many talented children, as the lyrics from "Лише у нас на Україні" and our camp classics like "Як у нас на Україні", and "Водограй" were heard throughout the day and beyond the music class. We even added a little "sparkle" and tried rapping in Ukrainian with a more modern twist on Tina Karol's "Ми – Україна."

Dance classes were equally exciting. The children enjoyed familiarizing themselves with Ukrainian dance moves for Kolomayka and Hopak. Having an experienced dance teacher on site was an added bonus, as all of the campers were introduced to different dances from all of the regions of Ukraine.

Evening activities included campers' favorites, like Flashlight Tag, Movie Under the Stars, Zabava, Olympic Games, Mystery Night, Scavenger Hunts and a Talent Show.

A new nature class was added. Campers experienced daily hikes, were taught about different vegetation within the forest and were given time to themselves to read their Bibles and to put questions to their spiritual advisors while surrounded by the smells and sounds of Nature. What an inspiring and soulful experience it was!

Given last year's success, workshops taught by community volunteers were once again incorporated into the program. Camp Kolomayka's administration extends its sincerest gratitude to Kaitlyn Darlene for the Ukrainian dance workshop, to Yuliya Voloshyn for the line-dancing, to Alexy Hansen for Zumba and capoeira, to Svitlana Besaga for the nature-inspired collages and to Fr. Stephen Slipko for his religious instruction. Their time and expertise was greatly appreciated. Next year, we hope to continue with the workshop sessions as they were well received by both staff and campers.

Because the underlying theme for Camp Kolomayka was teamwork, our amazing camp counsellors tried to focus their individual classes, games and cabin time on promoting and nurturing healthy teamwork skills among all campers. During cabin time, topics such as bullying and gossiping, school, facebook, money, etiquette as well as what qualities make a good friend and a teammate were discussed. In the future, we would like to incorporate more of these valuable discussions.

Camp Kolomayka's administration thanks all of its staff for its efforts and contributions to a successful 2015 camp. The administrative team consisted of Chair - Amelia Chucko, Secretary - Kathy Miske, and Treasurer - Bill Miske. Kathy Miske also took the role of camp administrator, while Yuliya Shokalyuk returned as a camp director. The counsellors were a creative, bilingual, and talented team of leaders: Taisiya Shokalyuk, Chelsea Miske, Daryna Pozdyk, Roman Pecuh, Natalia Tsaplan, Elizabeth Sushko, Yaroslav Naftuyev, Alexei Sidelnikov, and Vlad Prystay. Almost all of these counsellors are former campers. How impressive to see them in leadership roles, teaching and leading the new generation of campers!

We cannot overlook our remarkable cooks: Sophie Deley and her two amazing assistants, Mary Semeniuk and Dima Karaleva. Thank you for proving to us that healthy can also be delicious and for making our meal time the favorite and most anticipated part of the day.

We are most grateful to our sponsors and donors. Your generosity helps so many children benefit from a camp experience at a critical age, exposing them to their Ukrainian heritage and reinforcing it. God Bless you all!

Amelia Chucko, Chairperson
Camp Kolomayka Committee

Raising Christian Kids
Part 3 (Final)

(Notes on a seminar by Father Peter Haugen on November 15, 2014)

The Eucharist is the sacrament of sacraments: the center of a Christian's life. All flows to it and from it. "Eucharist" means "thanksgiving". Christians are thankful for all that Christ has given them, both physical and spiritual. The gift of bread and wine is acknowledged as "Your own, of Your own, on behalf of all and for all." The Eucharist is a mystical communion with God—the closest possible connection we can have with Christ in this world. The wine and bread are not merely symbols; they become Christ's blood and body, although the wine and bread do not cease to exist. As Christ was God and man, so the bread is bread and His Body and the wine is wine and His Blood. In one prayer before communion, the priest asks God to bless us who have bowed our heads and bent our necks "not before flesh and blood, but before Thee, the awesome God..."

Why do we need the Church? We imitate Christ, who attended synagogue and participated in the weekly services. A Christian alone is no Christian for long: we need the fellowship, encouragement and challenge of other Christians. In and through the Church, we participate in the sacraments and commune with Christ, the saints and the entire Church, both living and reposed – His Body.

How do we raise our kids to be Christians? We do so by knowing all this and by teaching it to them through example. In raising Christian children, there are many challenges to be overcome. We have to compete with society's schedules, jobs, technology, a wide variety of churches. We have to compete with satan's lies: "you're too poor to go to church and you don't have any nice clothes"; or "the church is full of hypocrites, telling you to be perfect while they are all sinners". As Christians, we have to refute these lies by welcoming all into our worship and by showing that the church is NOT a museum of the perfect, but a spiritual hospital, ministering to the spiritually sick and nurturing the needy, hungry soul of every human being.

We have to demonstrate to our children that God is our first priority where our time, money and attention are concerned. We have to go to church regularly, and we have to tell our children (1) why we are going to a church and (2) why we are going to this church. We have to pray daily with our children, from the time they are babies. We have to encourage our children to live the Christian lifestyle—attending church, participating in the Eucharist, being part of a Christian youth group.

Giving first priority to one's career can be dangerous. Our jobs can become our idol. We must find the right balance between God, family and our careers from the time we leave college. We need to make appointments with our children and keep them – appointments for times when we can focus upon each of them. We need to spend more time every day with them, both talking and listening, so they know they can trust us in a crisis or when a problem crops up. A family with open communication will have less trouble with drugs, promiscuity and all kinds of negative behaviours.

Technology can help us as Christians, but we have to be careful. Children are exposed to technology very early, but they need guidance in using it and limiting it and avoiding dangerous websites. They need a firm foundation in understanding our faith through church teaching and home teaching and Bible reading and prayer. They must stay away from online forums, which can lead them astray with false teachings. When they have questions, they must ask their parents or their priest – not an anonymous website.

We need to tell our kids about God's faithfulness. Teach them how to cross themselves from infancy! Be honest with them. Teach them that Christmas is about Jesus, not just about Santa! Admit when you do not know the answer to a question, but find out – maybe even together! Be consistent and live the example we want to teach them. Participate in the Church as an example and as a source of knowledge about Christ. Balance disci-

pline and mercy, just as God does with us. Pray together!

Teach your children about God's love for us by loving your spouse! Show respect, thoughtfulness and care for him or her. Kids learn about love by recognizing the love between parent and child and between Mom and Dad. The wedding epistle says the husband is to love the wife as Christ loved the Church (Ephesians 5:25); and the wedding crowns signify not only that the husband and wife are king and queen of their own kingdom in their household, but also that they are martyrs—each sacrificing on behalf of and to the other. Spouses must grow in their love and keep up a courtship for life.

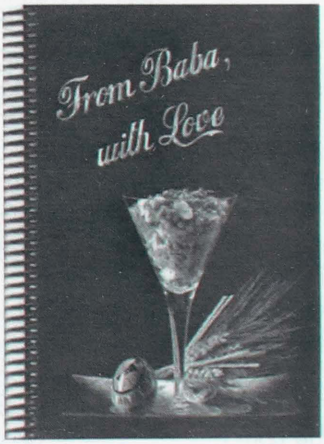
Parents must never discipline out of anger. Since we are the best example of our Heavenly Father to our children, we must discipline our children as He disciplines us—by showing us what we should do and by patiently guiding us hour by hour through every day. Parenting is not a weekend activity, but a moment-to-moment, continuous process. Why should we teach our children to obey us? Children who do not obey their parents cannot obey God, because obedience comes from respect and love for the person who has told you to do something.

Remember that the child must be taught what to do and why, and a child cannot be held responsible for actions that he or she has not been taught are wrong. Hold his or her hand while discussing and correcting the wrong behaviour. Hug the child as part of the correction and tell him you love him. Never correct or discipline the child in a way that angers him/her. Of course, no family or parent is perfect; so admit when you do not know something or have done something wrong, and ask for forgiveness. As parents, break the anger cycle. Celebrate the child's successes and right actions as well as correcting the wrongs.

Proverbs 22:6 tells us to train a child in the way he should go, and when he is old, he will not depart from it. Help him or her find his or her own path to God through life: don't try to relive your life through your child. As Christian parents, do all for the glory of God, not for your own vain glory.

In conclusion, if you want to raise a child to be a Christian, baptize your child as soon as possible after birth. Make Christ a priority in your life, your marriage, your family. Participate in the life of the Church, both to grow as a Christian and to be an example to your children. Guide them on the path to God. Encourage them to form friendships with other Orthodox Christian youth. Most important, continue increasing your own knowledge and faith, so that you can share it with your child.

Carla Kozak



Published by:

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This 330 page, coil bound cookbook features:

- 52 pages of spiritual, cultural and folkloric descriptions of selected feast days and sacraments.
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Convention 2015

WEDNESDAY AT THE USRL/CYC CONVENTION "TOGETHER AS ONE" COAST PLAZA HOTEL, CALGARY, ALBERTA AUGUST 5, 2015

Registration for the convention opened at noon on August 5, 2015, anticipating the arrival of delegates throughout the day.

The Order of St. Andrew held its Biennial Meeting in the afternoon of August 5. The main resolution passed at this meeting was related to membership in the Order, and stated that membership in the Order of St. Andrew will be open to any individual who is a member of the Ukrainian Orthodox Church of Canada, thereby accepting membership of women to the Order.

The official opening of the convention took place in the evening. All delegates and guests were invited to attend. The ceremony opened with the entrance of representatives of constituent USRL organizations carrying their respective flags, accompanied by special guests His Eminence Metropolitan Yuriy, newly-elected Chancellor of UOCC Very Rev. Taras Udod, and Dr. Tony Harras, president of USRL. Dr. Harras was Chairperson for the occasion, and after an opening prayer, invited Metropolitan Yuriy for greetings to the delegates.

Following greetings from Very Rev. Taras Udod, there were greetings from Mr. Emil Yereniuk, president of USRL/TYC, and Dr. Geraldine Nakonechny, president of UWAC. All expressed their welcomes to the participating delegates, and their hopes for fruitful and friendly discussions on current issues and future hopes for their organizations. Delegates present were delighted with the very enthusiastic presence of CYMK/UOY delegates, who formed the largest delegation of the USRL constituent organizations!

All present enjoyed a delicious reception and fellowship following the ceremony, a fitting start to a wonderful convention.

THURSDAY, AUGUST 6 AT THE USRL/CYC CONVENTION
Keynote speaker, David Irvine*

Mr. Irvine reviewed the vision of the organization, citing that the USRL is a strong supporter and promoter of the cultural community of the Ukrainian Orthodox Church of Canada.

Part One: Overview of culture or community
1. How to build a great culture.
2. How to sustain a culture.
3. How to attract and inspire new members and build a stronger organization.

- A healthy organization must have energy and engagement, minimal politics, minimal confusion, high morale, trust and an increasing membership.
- Delegates were divided into groups of approximately seven people to share views and present their findings after each breakout. Seven questions were discussed in groups.

1. How do we ensure our relevance today? What must we do to ensure we are revelant to our Canadian Ukrainian community and to our Ukrainian Orthodox Church and to the greater Canadian community.
2. What are our success stories? Have we found a way to attract new members from the generation behind us? What is there to learn?
3. How do we create USRL culture where young people as well as new immigrants are needed?
4. How do we create an environment that will foster the development of leaders?

Darcia Moscaluk-Rutkay reports on St. Vlad's Institute - Photo by Leona Bridges

5. How do we create an environment where our members feel needed and are revelant?
6. To identify specific projects that would address the issues discussed this far.
7. How can we better listen to and understand all our stakeholders, those we serve?

• These sessions were very uplifting as well as inspiring. We shared our thoughts and ideas; these are to be summarized and reported back to us by September 1.

• Our organization is smart, but not necessarily healthy. We must emphasize the transformational, not the transactional in going forward.

Part Two: What action is to be taken?

The last session of the day was a summary of the workshop and breakouts. The question was: How will we show our accountability in putting these fresh ideas into action?

UWAC

1. Seasonal Retreat - Orthodoxy 101
2. Leadership/ Mentorship Workshop - Provincial
3. Humanitarian Work. eg. Project Mexico ; community helping others.
4. Communication through social media. Updated websites.

TYC

1. Active in supporting youth.
2. Canada 150 celebration, 2017.
3. Funding CYMK - National.
4. Summer Retreat 2016.

YOUTH/CYMK

1. Mission Trip to Ukraine - Orphan Camp.
2. Alberta Retreat/National Retreat

Many thanks to UWAC St. Johns' Branch for sponsoring me to the 2015 USRL Convention in Calgary! I feel that with the purpose, the passion, the individual contribution and gifts we have, we will be able to make the difference to succeed in building our community (culture) to be " Together As One".

FRIDAY, AUGUST 7 AT THE USRL/CYC CONVENTION
National UWAC Biennial Meeting

There are 43 branches and approximately 1300 members in 2014 as compared to 2008 when there were 1944 members.

UWAC has supported projects in Ukraine, the Ukrainian Orthodox church of Canada, Ukrainian Orthodox youth activities, and charities in various communities.

The 2nd edition of My Icon Book launched in June, 2013 has been well received and there has been a book review published in Poland and feedback from the United Kingdom and Australia. Work on the 25 year History book 1976-2001 is actively in progress. The National Executive is waiting for submissions from a few branches. The book should be finished by the end of the year or as soon as possible.

There is a new initiative –the development of a Member Welcome Package. It consists of a brochure which gives an overview of UWAC, the smoloskyp and a bookmark indicating its meaning, a booklet entitled "A Short History of UWAC" by Zennia Yuzyk , a copy of the constitution and bylaws, a copy of the journal Promin , the protocol for flag and candle bearing at a funeral and

a welcome letter from the National President. Cost of the entire package is $20. The journal Promin which has been published since 1960 continues under the current chief editor, Leona Bridges, and the copy editor is Dobr. Erin Haugen. They have been very successful both in publishing articles and financially.
There have been branch closures in St. Catherines, ON, Melfort, SK, Foam Lake, SK, and Sich Kolomea, AB.

All the resolutions submitted were passed with only minor changes to the wording.
The 2015-2017 UWAC National Executive consists of Past President-Dr. Geraldine Nakonechny, President-Lesia Perritt, 1st Vice-Pauline Mudry, 2nd Vice -Donna Reed, 3rdVice –Dobr. Orysia Erhmentraut, 4th Vice–Vivian Skakun, Secretary-Donna Kowalishin, Treasurer-Karen Herzog. Members at Large-Carla Kozak/Darcia Moscaluk-Rutkay, Promin-Betty Corlett , Financial Review Committee-Nadia Opyr, Dorothy Stachniak, Shirley Wozmirisky.

Marusia Luciuk, Calgary - Photo by Leona Bridges

During lunch we had status reports from Petro Mohyla Institute (Saskatoon), St. John's Institute (Edmonton) and St. Vladimir Institute (Toronto).

CYC/USRL AGM began in the afternoon and continued the next day.
The evening concluded with a delicious dinner and the Awards of Excellence to 14 deserving individuals across Canada. From Alberta was Elizabeth Roshko-Smoky Lake, AB, Mykola Woron-Calgary, AB, and Jean Mekitiak-Calgary, AB. There was an edited video by the Ukrainian Women's Association of Canada, Ukrainian Museum of Canada, Ontario Branch and Kniahynia Olha Branch (St. Volodymyr Ukrainian Orthodox Cathedral), "Mamyna Sorochka"—a presentation of historical and regional embroidered shirts of Ukraine.

I found the entire convention very interesting and positive and we are so lucky to have such talented and smart people that spend so many hours working for the organizations. It was so nice to see old friends and new people from across Canada. There were a lot of long meetings with little free time and, as a result, I found it quite tiring. Much of the discussion at the convention is resolutions that have been talked about at every convention and we are still talking about them. I feel that we need to make some drastic changes as our numbers are dwindling. We cannot entice new members to join by keeping the status quo. I would like to thank the St. John's Edmonton Branch for sending me as a delegate.

SATURDAY, AUGUST 8 AT THE USRL/CYC CONVENTION

• Saturday began with the usual very generous "continental" breakfast. The Biennial General Meeting of the USRL continued from the day before. The agenda of this meeting was not ordered particularly well. We found ourselves jumping back and forth between agenda items. However, a new National Executive Council was elected and all business was transacted. Dr. Tony Harras is once again President and the three Vice-Presidents are: 1st Vice-Presdient—Lesia Perritt, 2nd Vice-President—Emil Yereniuk and 3rd Vice-President—Liza Zienchuk.

• The Ukrainian Museum of Canada held a very efficient meeting with Sonia Korpus as the Chair. Various branches of the Museum presented reports, including our own Dr. Elaine Harasymiw and Uliana Amiot of Alberta. The museums are jewels in the crown of the USRL and must be supported.

• The Joint Standing Committee of the UOCC and USRL held an information session and a question and answer period after luncheon.

• The SUS Foundation of Canada held its General Meeting led by William Strus, President. It also sponsored the evening banquet in elegant fashion. Stephania Spytkowsky was a gracious hostess. Awards were distributed to those whose donations had risen to the next category. Guest speaker, young and vibrant Yvan Baker, whose Ukrainian and English language skills are to be envied, spoke about embracing change. He is a Member of the Legislative Assembly of Ontario.

• There were no official evening socials at this Convention…Anna Zwozdesky and her mandolin were missed!

UWAC St. John's Delegates

• Thank you for sending me!

SUNDAY, AUGUST 9 AT THE USRL/CYC CONVENTION

A Hierarchical Divine Liturgy was celebrated at St. Vladimir's UO Church on a lovely sunny day. His Eminence, Metropolitan Yurij officiated along with Bishop Ilarion of the Western Eparchy.

A luncheon followed in the Cultural Centre and guests has the opportunity to visit the Calgary Collection of the Ukrainian Museum of Canada and to buy gifts from its gift shop.

Appreciation was expressed to Greg Faryna, Convention Committee Chairperson, and his Committee for organizing a most successful and well-enjoyed convention.

Thanks also to the AUSRL for sponsoring the bus to and from Calgary!

Delegates from UWAC St. John's Branch—
Donna Kowalishin, Pauline Mudry, Nadia Opyr and Leona Bridges

USRL Recipients of the Ukrainian Canadian Congress Awards for 2015

Every fall the Ukrainian Canadian Congress recognizes individuals for their volunteerism in the greater Ukrainian community.

In Alberta, the Hetman Award is presented. From the Ukrainian Self Reliance League (USRL) component organizations, the following were honoured: Ivanna Kruhlak and Emil Yereniuk.

In Manitoba, the Bulava Award is presented. Members of the USRL component organization recipients were Olena Garrity, Maurice Lakusta and Dr. Roman Yereniuk.

Saskatchewan UCC presents Nation Builder Awards. This year's USRL member recipients were:
Stephen Senyk and Ostap Skrypnyk

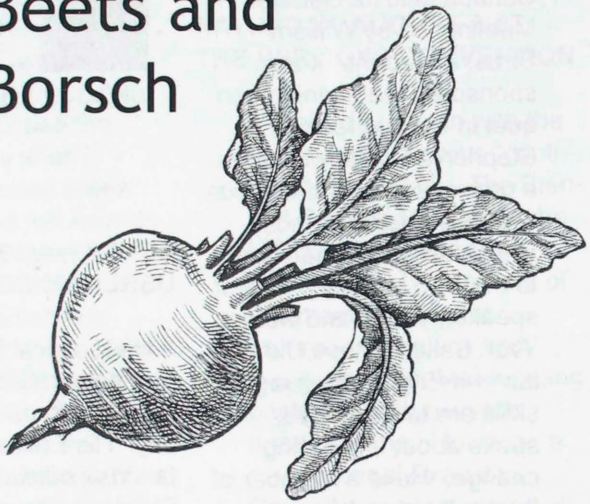
Also, in Saskatchewan, Community Recognitions Award and URSL member recipients were: †Helen Danylchuk, Russel Pankiw and Marnie Howlett

Congratulations to all of our recipients!

Lesia Perritt

For the Love of Gardening

Goosefoot Family: Beets and Borsch



In our **Ukrainian Orthodox tradition**, on January 6, according to the Julian calendar, we prepare twelve Lenten dishes for Christmas Eve or Святий Вечір. The twelve Lenten dishes represent the twelve apostles. Borsch and shredded beets mixed with mushrooms are two such Lenten dishes.

Content: In this article, I list plants belonging to the Goosefoot family, include health benefits and nutritional value of beets, provide tips on planting, cooking, processing and canning beets, as well as some beet recipes.

Goosefoot Family (Chenopodiaceae): Beets, chard, lamb's-quarters, orach, quinoa, spinach and amaranth all belong to the Goosefoot family. In this family, we harvest either the leaves or the seeds, but the beetroot is the mainstay. Beet leaves can also be used in our cooking similar to spinach or Swiss chard.

Health Benefits: Vegetables such as carrots, yams, sweet potatoes, tomatoes and beets are rich in carotenoids, Vitamin A and lycopene. These nutrients help deter the growth of cancer cells.[1] Red beet juice assists digestion, stimulates the kidneys as well as the lymphatic system. Other nutrients found in red beets include potassium, phosphorus, magnesium, calcium, fibre, phytochemicals and antioxidants.[2] One serving of beets provides 30% Vitamin A, 13% Vitamin E, 23% Vitamin C, 5% Folate, 7%(75 mg) Calcium, 9% Iron and 5% Zinc of the recommended daily intake as recommended by the Canada Food Guide.[3]

Varieties: Some types of beets produce sugar and other types provide fodder for animals. This article is about the garden beets. Beetroot varieties such as Detroit Dark Red Supreme, Red Ace and Merlin are round and red. Specialty beets can be cylindrical such as the Formanova, or a baby beet such as the Pablo, or can be a variety of colors. The Chioggia is an heirloom seed that produces globe shaped beets with purple and white zoning; the Blankoma is a white beet, and the Touchstone Gold is a bright yellow flesh beet. Seed catalogues also note which varieties are best for beet greens. For example, Bull's Blood serves a dual purpose, as it produces deep red leaves that are good as salad greens in 35 days, but also has a sweet flavourful root ready in 58 days.

Planting: I plant my beets directly into the garden. Beets are a hardy plant and can be planted as soon as the soil is workable, or two weeks before the last expected frost for your area. The seed is course and bigger than carrot seeds, so it can be planted ½ - 1 inch deep, about 15 seeds per foot, in rows that are 12-18 inches apart. The cylindrical beets can be spaced closer. The cylindrical beet requires hilling as this variety of beets grows with a large section of the beet above the ground. With good weather conditions, seeds should germinate in 7-15 days. For those who are not fond of beets, try planting the golden-fleshed beets, such as Touchstone Gold or Boldor, as the flavor is milder and sweeter. These beets as well as the white-fleshed beets do not bleed, and can be used in salads.

Weeds and Pests: Keep the beets weed free, hoeing often. This is a crop that is free of pests. Beets can develop scabs if the moisture is uneven. Keep your beets well watered.

Harvesting & Storage: Beets are a biennial, but are treated as an annual as it is harvested in the year that it is planted. Dig the roots up with a fork, being careful not to damage the root. Shake off the dirt and cut the stems leaving about one inch of the stem. This is necessary as leaving about one inch of stem and the root tips intact prevents bleeding when the beets are boiled.

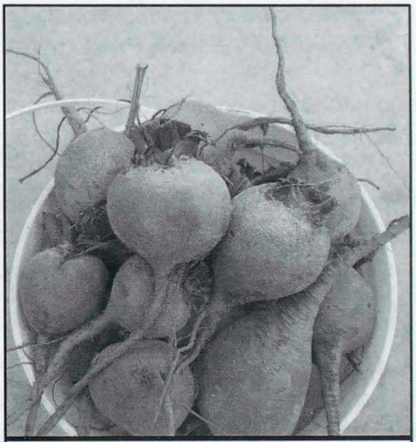


Photo by Vivian Skakun - Beets with part of the stem and root left intact.

Beets can be stored in a cold room set in peat moss or sand. The varieties that are good for winter storage are the Detroit Red, Tankard and the cylindrical beets.[4] If you are interested in producing your own seed, you can replant the beetroot next spring and it will produce a flower and many seeds. Remember to label the beets so that you know the name of the what variety of seed it produces.

Beets for the Freezer: Scrub the beets. Do not cut into the beets or peel them. Keep the tail intact and one inch of the stem to prevent the beets from bleeding into the liquid and losing their colour and flavour. Boil the beets until tender. Sort the beets according to size. The small beets, 3 inches in diameter, require about 25-30 minutes and the medium ones will require about 45-50 minutes boiling.[5] Cool the beets quickly with ice water. Slip off the skins, trim off the stem and root-tip, cube, slice or julienne the beets and pack into pint-size or quart-size freezer bags. Freeze.

Processing Beets: Follow the same process as for freezing but instead of packing the julienne beets into freezer bags, I pack them into hot sterilized jars. I add 1-teaspoon course salt, 1-teaspoon vinegar to each quart, pour boiling water into each jar and cover with screw top rings and hot snap lids (boiled for 5 minutes). Using a pressure canner, process the quarts for 35 minutes and pints for 30 minutes. Follow the detailed instructions for canning beets as outlined in the instruction book that accompanied your pressure canner.

In my very dilapidated cookbook published by Saskatchewan Co-operative Women's Guild (1946), instructions for canning using a boiling water bath required that the jars be processed from two to three hours depending on the vegetable - for example, 2 hours for beets, and 3 hours for corn, peas, squash or greens. The purpose for this lengthy cooking time at high temperatures was to destroy any bacteria, yeast or molds that might spoil the food.[6]

Method of Processing: Low acid foods such as vegetables, meat, poultry, seafood and soups require processing at temperatures of 240ºF (116ºC) to destroy spores that cause botulism. This high temperature can only be achieved using a pressure canner. High acid foods, such as jam, jelly, fruit spread, conserves, preserves, marmalade, fruits and fruit sauces, pickles, relish, salsa, chutney and tomatoes with added acid can be processed in a boiling water canner. The length of processing time varies. Follow the instructions in your processing guide.[7]

Caution: Whenever you take out a jar of beets or any processed vegetables out of your cold room, always check to see if the lid is sealed. Just push in the middle of the lid and if it gives, then the seal has broken. I empty those jars out into the compost or garbage. Sometimes when the seal is weak, the vegetables may begin to darken. I discard those as well. There should not be any discoloration or strange smell. When prying the lid up, pay attention as to the strength of the seal.

Canning Borsch:

Fresh Garden Borsch with Peas

Ingredients:

6 quarts raw beets peeled and shredded. I prefer to cut the beets by hand into julienne strips as the beets are firmer and have more body.
2 quarts carrots, scrapped, and diced
1 quart string beans, ends trimmed and cut in pieces
2 quarts potatoes, peeled and cubed in bite size pieces
4 cups cabbage, shredded and chopped
1 quart green peas
2 cups chopped onion
½ - 1 cup chopped dill
½ - 1 cup chopped flat parsley
7 cups tomato juice
1/3 cup vinegar
2 Tablespoons salt (coarse pickling salt or sea salt)
5 Tablespoons brown sugar (substitute honey)
Cold water enough to cover all the vegetables.

Directions:

Cook all of the vegetables until done. Add the tomato juice, vinegar, salt and honey at the end of cooking time. If canning, pour into jars that have been sterilized and are hot, and cover with new lids that have been prepared as instructed on the package. Process the jars in a canner for three hours,[8] or pour cooled soup into plastic containers and freeze. I prefer it canned. This recipe will make about 14 quarts.

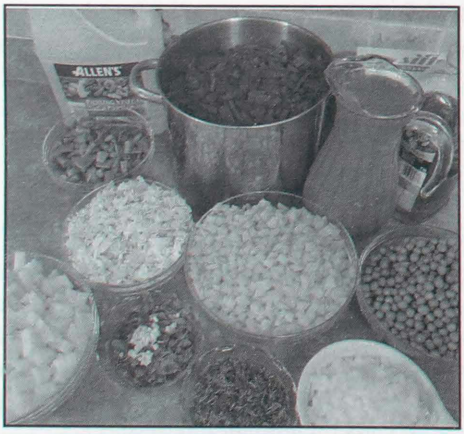


Photo by Vivian Skakun - Ingredients chopped, diced and prepared ready to cook.

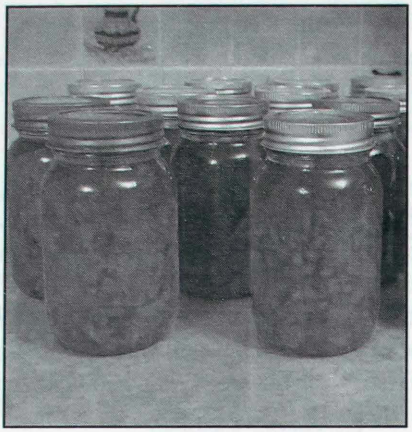


Photo by Vivian Skakun - Jars of Borsch Processed

After twenty-four hours, check to see if your jars have sealed before you store them in a cold room or refrigerator. The centre of the lid will be pulled inward when the jar is sealed.

When you are heating up a jar of garden borsch, you can add some cream to the soup to give it a different flavour, or you can warm it up as it is and serve it with garlic croutons or a dollop of sour cream.

Roasted Beets and Arugula

Ingredients:

Four medium beets
Fresh sprigs of Lemon Thyme or 2 teaspoons thyme
¼ cup white wine vinegar
½ cup olive oil
2 shallots, finely diced
2 Tablespoons lemon juice
4 ounces goat cheese
4 cups arugula
Salt and black pepper

Directions:

Preheat the oven to 425ºF. In a mixing bowl, combine the beets, thyme, vinegar and 3 tablespoons of olive oil. Season the beets with salt and pepper and mix. Prepare a double square of foil and place the

Photo by Vivian Skakun -
Roasted Beets Cooling

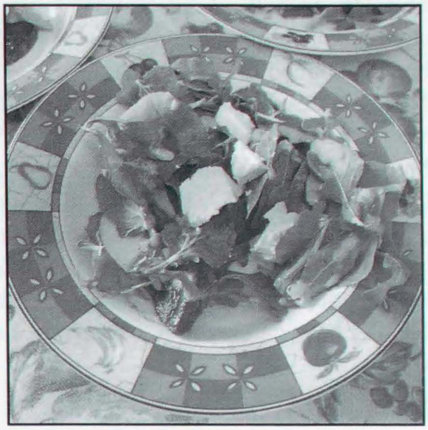


Photo by Vivian Skakun -
Roasted Beet and Arugula Salad
Assembled with Dressing

beets and the dressing on it, wrap, place on a pan and bake until tender, about an hour. Let the beets cool. When the beets are cool, slip off the skins and slice the beets.

Vinaigrette: Using a hand blender, blend together the shallots, lemon juice, salt and pepper and then add a steady stream of the remaining oil. This will produce a creamy dressing.

Assembling the salad: On four plates, divide the arugula. Add the sliced beets and the feta cheese. Drizzle the vinaigrette on the salad. Serve. Change up the salad by adding roasted walnuts and dehydrated cherries or cranberries.

Beets for Christmas Eve

Ingredients:

1 quart of beets with juice
1 can of mushrooms
1 Tablespoon of Vinegar
2-3 cloves of garlic
One medium onion
¼ cup vegetable oil

Directions:

To a quart of beets and its juice, add the vinegar and one or two cloves of crushed garlic. Simmer on the stovetop until the garlic is cooked, about 20 minutes. Season the beets with salt and pepper to taste.

Strain the beets, saving the juice for borsch.

In a frying pan, add some oil and one chopped onion. Sauté until it is cooked through. When the onion is cooked, pour it and the oil on the strained beets and add a can of strained mushrooms. Stir and cool. Serve.

Саламаха or Garlic Sauce[9]: Prepare crushed garlic with salt, water and oil to be served on the side for those that like lots of garlic on the beets, mushrooms, beans, fish or broad beans.

Sour Borsch with Beans for Christmas Eve

Ingredients: Beets, Potatoes, Onion, Carrots, Cabbage, Celery, Dry White Beans, Garlic, Dill, Parsley, Tomato Juice, Sautéed Onion in oil, vinegar, salt and brown sugar or honey.

Method: In a good sized pot, include: 1 quart (3 - 4 cups) cooked julienne beets or cut fresh raw peeled beets into diced or shredded pieces. If using canned beets, include the beet juice in the soup.

1 cup sliced or chopped carrots
2 stalks of celery cut up with leaves from the heart

of the celery as well
1 large onion (about 1 cup more or less) chopped up
1 cup cabbage chopped fine
Two or three potatoes, about two or three cups or so cut into bite size pieces
Two or three cups cooked white beans
Chopped fresh dill or about 1/3 of a cup of frozen chopped dill. Use dry dill if fresh is not available.
Chopped fresh parsley. (I probably used about ½ cup of frozen chopped parsley that I put away from our garden. If I have parsley root, I sometimes add it as well.)
2 or 3 garlic cloves peeled and chopped

Add cold water to cover the vegetables. I probably use anywhere from 8 – 10 cups. Cook on the stovetop until the vegetables are almost tender. I pour about two cups of tomato juice and add 1-teaspoon salt, two tablespoons of white vinegar and a teaspoon or so of honey to the soup. Before adding any more of juice or any other seasoning, I usually cull out some cooked potatoes out of the soup into a saucer and use a fork to mash them and put them back into the soup to improve the flavor. At this time, I also add a tablespoon or two of sautéed onion to the soup. Do the taste test and add what ever you think may be required – tomato juice, salt or vinegar or more sautéed onion to your liking.

May you enjoy a blessed Christmas and a healthy Feast of Jordan as you share your bountiful harvest with your family and friends from your Labour of Love – gardening!

Христос Рождається! Славіте Його!
Христос охрещається! - в річці Йордані!

Vivian Skakun

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* (All of the above are presented in black and white, in English or Ukrainian)
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1. Servan-Schreiber, David (2008, p. 122, Anticancer Action) *Anticancer: A New Way of Life* Penguin Group, Toronto, Ontario, Canada
2. Graci, Sam, Harvey Diamond, David Schweiter, Jeanne Marie Martin (1997, p. 48) *The Power of Superfoods*. Prentice Hall Canada Inc., Scarborough, Ontario
3. Lindsay, Anne (1998, pp. 140, 293) *Anne Lindsay's New Light Cooking*, Ballantine Books, Random House of Canada, Toronto, Ontario, Canada
4. Forsyth, Turid & Merilyn Simonds Mohr (1992, p.108) *The Harrowsmith Salad Garden: A Complete Guide to Growing and Dressing Fresh Vegetables and Greens*, Camden House Publishing, Camden East, Ontario
5. Greene, Janet, Ruth Hertzberg, Beatrice Vaughan (1997, p. 217) *Putting Food* By, Viking Penguin, Canada
6. S100.1, *Co-op Cook Book*, Outlook Women's Co-operative Guild, 1946, p 168. (http://v1.theglobeandmail.com/v5/content/pdf/Saskatchewan.pdf) This is the website for which I was able to find a copy of a recipe that was quoted in this article to match the cookbook in my possession.
7. Bernardin Ltd. (1995, pp. 2, 4, 113-122) *Guide to Home Preserving*, Bernardin Ltd. Toronto, Ontario
8. Hint: When jars are boiled in water in a canner, the jars collect dullness on the outside. To prevent this build up of minerals on the jars and at the bottom of the canner, add one or two tablespoons of vinegar into the water bath before you begin processing. The jars will come out clear rather than murky.
9. Skakun, Vivian (Dec. 2014/Jan. 2015, p. 22) *Promin*, Secrets of Growing Great Garlic Part 5, UWAC

У КУХНІ

Кулінарні рецепти на Різдво.

Різдво - це свято, яке асоціюється з теплом і світлом сімейного вогнища, з народженням нових починань і надій. З часом Різдво стало одним з головних і улюблених християнами свят. У кожній країні, де святкують Різдво, склалися свої святкові кулінарні традиції, які дбайливо передавалися з покоління в покоління. Напередодні різдвяних свят ми із задоволенням ділимося з Вами самими смачними різдв'яними рецептами.

Різдво у християнській традиції - світле сімейне свято. Один з найулюбленіших у році і дітьми, і дорослими. Різдв'яний настрій - це суміш чарівництва і віри в майбутнє, надії, які поспішають розділити з найближчими людьми. Різдв'яні свята і сама Різдв'яна ніч - привід зібратися великою родиною і накрити хрусткою білою скатертиною різдв'яний стіл.

На заході України, Різдв'яні свята змушують самостійних молодих людей залишити друзів і веселі вечірки заради поїздки до батьків деколи через океани і багато тисяч кілометрів. Будинок, який вітає різдвяних гостей, світить подорожнім, як Віфлеємська зірка, обіцяючи диво. Загальні розмови і спогади, новини, які цікаві тільки рідним і близьким і смачна їжа, звична з дитинства, об'єднують сім'ї хоча б раз у рік.

Різдво - це чудове свято, яке навіть дорослих повертає в дитинство. Багатий стравами стіл, різдвяні подарунки, море позитивних емоцій - все це пов'язане з цим зимовим святом.

Маковий пиріг

Тісто для пирога я роблю дріжджове. Склад дуже схожий на великодню випічку. Макова начинка, напевно, класична, для такого пирога. Скажу відразу, що таких пирогів я відразу печу кілька, тому й склад продуктів буде розрахований на 2-3 штуки.

Інгредієнти:

молоко — 1 склянка;
сметана — 0,5 склянки;
яйце — 5 шт.;
цукор — 1,5 склянки;
вершкове масло — 100 г;
дріжджі — 50 г;
борошно — 1 кг;
мак — 150 г;
щіпка родзинок;
сіль — трохи.

Особливістю цього пирога є його нестандартна форма. Вона робиться дуже легко, за допомогою звичайних ножиць. Але про це я розповім трохи пізніше, а зараз до продуктів, які нам потрібні для пирога.

Приготування макового пирога.

1. Замішуємо тісто. Для цього необхідно в теплому молоці розвести дріжджі. Додамо трохи цукру і борошна. Поставимо в тепле місце. Зробимо опару.

2. Хвилин через 10-15 почнемо додавати

наступні інгредієнти. Яйця окремо зіб'ємо з цукром. Підготуємо сметану, розтопимо вершкове масло, але не все. Для тіста знадобиться 50 г. Додамо трохи родзинок в тісто.

3. Замісимо м'яке тісто і залишимо його підходити. За часом це займе хвилин 40-50, в залежності від сили дріжджів.

4. Мак запарюємо, додамо до нього трохи цукру.

5. Коли тісто підніметься, переходимо до формування пирога. Для цього розкотимо тісто 3-4 мм завтовшки. Змастимо його вершковим масло. Зверху присипаємо цукром і маком.

6. Скачаємо в рулет. Зробимо надрізи ножицями по всьому рулету, не розрізаючи до кінця. Викладемо наш пиріг по колу. Змастимо зверху яйцем і відправляємо в духовку випікатися при температурі 180 градусів 30 хвилин.

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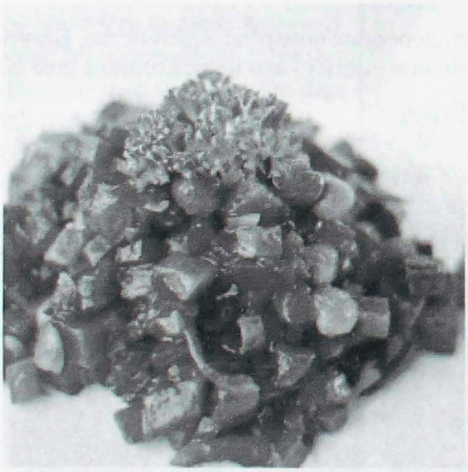
Вінегрет з печеним буряком на Святвечір



Інгредієнти для приготування:

буряк - 2 шт.,
яблуко (не кисле) - 1 шт.,
морква - 2 шт.,
консервований зелений горошок - 0,5 банки,
мариновані огірки - 3 шт.,
каперси (за бажанням) - 1-2 ч. ложки,
білі мариновані гриби за смаком,
петрушка для прикраси.
Для заправки:
оливкова олія - 2 ст. ложки,
гірчична олія - 1 ст. ложка,
винний оцет - 1 ч. ложка,
лимонна цедра - 1 ч. ложка,
рідкий мед - 1 ч. ложка,
сіль і чорний мелений перець за смаком.

Як приготувати

1. Буряк загорніть у фольгу і запечіть при 180-200 °C 1-2 години (в залежності від розміру буряка.

2. Моркву відваріть і поріжте середніми кубиками. Яблуко очистіть і поріжте дрібними кубиками. Буряк поріжте середніми кубиками, а огірок тонкими кружечками. Додайте каперси і горошок.

3. Приготуйте заправку, змішавши всі інгредієнти. Заправте салат.

4. Прикрасьте салат за бажанням.

http://patelnya.com.ua

IN THE KITCHEN

Christmas Recipes
(Translated by Leona Bridges)

Christmas is a holiday, which is associated with the warmth and light of the family hearth, with new hopes and intentions. It has become a favourite and important holiday for Christians. In every country, where Christmas is celebrated, certain culinary traditions have developed. These have been handed down from generation to generation. Just before Christmas, we want to share some of these delicious Ukrainian recipes with you.

According to Christian tradition, Christmas is a family holiday. It is beloved by children and adults alike. The Christmas mood is a mixture of magic, faith in the future and hope shared with one's closest family and friends. Here is a reason to set our table with white linen and gather together for a meal.

In Western Ukraine, the Christmas holidays attract independent, young people, who return from places afar to be home for the holidays. Some must cross the ocean or travel thousands of kilometers to reach the family home. It is a beacon of light and warmth, a veritable Star of Bethlehem, beckoning to the travellers and heralding wonders. Conversation, reminiscences and news particular and precious to those present are shared, along with tasty, traditional foods known to all since childhood. Such a special annual gathering of the clan!

Christmas is a wonderful holiday for kids from one to ninety-two! A table laden with familiar food, gifts, positive emotions—these are part and parcel of Winter's premium celebratory event.

Poppy Seed Bread

I prefer a yeast bread. The composition of it is similar to Easter bread baking. The poppy seed filling is classic, however. As I prefer to bake a few at a time, the ingredients here will suffice for two to three loaves.

This particular poppy seed bread has a unique shape. Using an ordinary pair of scissors, this shape is easy to achieve. Instructions will follow. Here are the ingredients needed:

1 cup milk
1/2 cup whipping cream
5 eggs
1 1/2 cups sugar
1/2 cup softened butter
6 pkg. active dry yeast (14 tsp.)
9 cups flour
3/4 cup poppy seed
handful of raisins
dash of salt

Preparation:

1. *Prepare the dough. Dissolve the yeast in warm (not hot!) milk. Of the quantities indicated, add a 1/2 cup of sugar and 2 cups of flour. Put in a warm place. You are creating the sponge.*

2. After 10-15 minutes, add the following ingredients: the five eggs beaten together with 3/4 cup of sugar, the whipping cream warmed, half the softened butter, melted. Add a few raisins.

3. Add enough flour to make a soft dough and leave it to rise for about 40-50 minutes, depending upon the strength of the yeast.

4. Scald the poppy seed; add 1/4 cup of sugar to it.

5. Once the dough has risen, we form the bread. Roll out the dough to a thickness of 1/8 inch thick. Spread with the 1/4 cup of softened butter remaining. Sprinkle with the poppy seed and sugar mixture.

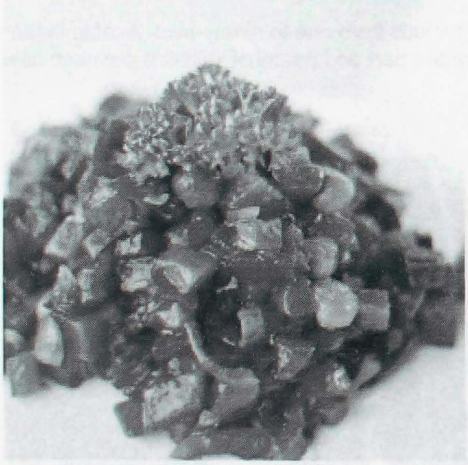
6. Roll up into a roll. Cut all along the roll with scissors, but not right through! Place in a greased round tin, forming a circle. Brush with a raw egg and put into the oven at 350° F for 30 minutes.

www.Shefkuhar.com.ua

Roasted Beet Vinaigrette for Christmas Eve

Ingredients:

2 beets
1 apple (sweet)
2 carrots
1/2 can of canned peas
3 dill pickles
1-2 tsp. of capers (as desired)
white marinated mushrooms to taste
parsley for decoration
Sauce ingredients:
2 tbsp. olive oil
1 tbsp. mustard
1 tsp. wine vinegar
1 tsp. lemon juice
1 tsp. liquid honey
salt and pepper to taste



Preparation:

1. Wrap the beets in foil and roast for 1-2 hours in a 350°-400° F depending upon the size of the beets.

2. Cook the carrots and dice them. Core and dice the apple. Dice the beets. Slice the dill pickles into thin rounds. Combine. Add the capers and drained peas.

3. Prepare the sauce by mixing together all the ingredients. Pour over the vegetables.

4. Decorate with parsley.

http://patelnya.com.ua

World Federation of Ukrainian Women's Organizations - WFUWO

Світова Федерація Українських Жіночих Організацій - СФУЖО

Summit 2015 - Річні Наради

The World Federation of Ukrainian Women's Organizations was formed in 1948 to unite Ukrainian women worldwide and provide a platform for sharing goals on cultural, religious, educational, civic, humanitarian and immigration issues. WFUWO provides a network for Ukrainian communities worldwide and maintains a non-governmental organization (NGO) status with the Economic and Social Council (ECOSOC) of the United Nations and UNICEF. The head office of WFUWO is currently in Toronto, with Orysia Sushko, our former Promin editor, serving as President.

At the WFUWO summit held September 3-5, 2015 in Stockholm, Sweden, I attended as an official delegate representing the Ukrainian Women's Association of Canada. Twenty delegates and over thirty guests were in attendance from 12 of the 18 WFUWO member countries. The summit or annual meeting was conducted entirely in Ukrainian. President Orysia Sushko provided her annual report followed by reports from delegates of various countries presenting a summary of the year's work of their organizations. Each delegate summarized her organization's efforts to maintain Ukrainian culture in her country and the assistance provided to Ukraine for medical supplies, reconstructive surgery for injured soldiers, support of orphaned children, donations of clothing, scholarships, etc. All organizations had developed a network to ensure that funds and aid went to those in Ukraine who actually needed it. Dr. Martha Kichorowska Kebalo, Main Representative in consultative status to UN/ECOSOC also delivered a report. Delegates and guests engaged in round table discussions on topics such as humanitarian aid, countering anti-Ukrainian propaganda and improving communication between member countries. Formal resolutions are made at the WFUWO Conference held every five years.

Prior to the summit's official opening, delegates met at the Ukrainian Embassy for an official meeting with the Honorable Ihor Sagach, Ambassador from Ukraine to Sweden. He spoke passionately on Ukrainian history, the past and present relationship between Sweden and Ukraine, and the current challenge to maintain democracy and freedom from aggression in Ukraine. Several times he emphasized, "Ми переможем!"; "We will be victorious!" Ambassador Sagach presented delegates with copies of archival documents signed by Hetman Bohdan Khmelnytsky and also Hetman Pylyp Orlyk.

The summit left me with the many impressions, some of which were:

1. Ukrainian women around the globe demonstrate strong attributes in having their voices heard and in upholding Ukrainian cultural, religious, educational and humanitarian goals.

2. Our Ukrainian ancestry is what defines us;

we share a common bond regardless of our nationality, be it American, Australian, Argentinian, British, or Canadian, etc.

3. Women are willing to take risks and make personal sacrifices in order that the truth be known, e.g., the promotion of Holodomor awareness; public protests; reports to the media.

4. Letter writing in protest of various situations is important, e.g., condemning the unlawful detention of Nadiya Shevchenko.

5. Letter writing in support of causes is effective, e.g., appealing to government officials for moral and financial support for Ukraine.

6. The political events in the world have an effect on ALL of us. We must keep well informed of multiple issues and continue to support fellow Ukrainians in various ways, regardless of where they live. To quote a summit speaker: "Як не ми, а хто?" "If not we, then who?"

Summit reports will appear in a future WFUWO publication. For additional information about WFUWO, please refer to the website <wfuwo.org>.

Звіти річних нарад будуть надруковані в майбутній публікації Українка в Світі, пресовий орган СФУЖО. Про різні події СФУЖО, відвідайте двомовну веб-сторінку <wfuwo.org>.

Reference:
Kebalo, Martha Kichorowska, Guest ed., Ukrainian Woman in the World, Special Issue on WFUWO at the United Nations. Toronto: World Federation of Ukrainian Women's Organizations, 2014

Lesia Perritt

КВІТИ НЕЗАБУТНІМ

In Memoriam

Олена Кошарна – Семенюк

У ПАМ'ЯТЬ ЛОНДОНСЬКОЇ СОЮЗАНКИ

У середу, 22-го липня, 2015, поховали на Цвинтарі св. Володимира в Оквил, сл. пам. Пані Олену Кошарну – Семенюк. Вона залишила горем опечалену родину – сина маґістра Віктора Кошарного і синову пані Тамару, внуків Олену, Катерину, Віктора молодшого, Григорія, Тайлера і семеро правнуків, та ближчу і дальшу родину в Україні і у діяспорі.

Пані Олена була моя і моеї родини колишня землячка з Лондону. Від мене і від Східної Екзекутиви Союзу Українок Канади – складаю глибоке і щире співчуття, бо відійшла у вічність до Господа Бога дорога, шанована і люблена мати, бабуня і прабабуня родини Кошарних. Відійшла у вічність також довголітня і провідна членка нашої організації, Союзу Українок Канади, Української Православної парафії і організації сеньорів.

Пані Олена народилася 7-го липня, 1923 року в родині Федора і Марії Гайворонських, на хуторі біля села Криштопівка на Харківщині. Вона мала 10 років а брат Іван 8 як їхню

родину розкулкулили а Голодомор 1932-33 –их років позбавив нормального родинного життя. Большевицький терор, страх заслання в Сибір, біда, голод і холод примусили Пані Олену і її мужа втікати на захід, спочатку до Німеччини а пізніше до Бельгії.

В 1951-ому році Паньство Григорій і Олена Кошарні прибули з Белгії до канадського Лондону, з двома малими синами, Віктором і Павлом.
Без спонзора і без знання англійської мови їм не було легко влаштуватися серед чужого довкілля. Але обоє Кошарних походили із шляхетних патріотичних господарів хуторянів і вони відшукали українську православну громаду і стали членами Української Православної Церкви Святої Трійці. Їм обом пощастило устроїтись на роботу, з часом купити хату і авто, і почати гоїтися від злиднів і терору втікачів із " Совєтського Раю ".

Як члени церковної громади обоє Кошарних не боялися взяти на себе обов'язки. Пан Григорій став головою, а Пані Олена взяла обов'язок секретаря. Красива, приємна, зрівноважена, працьовита, Пані Олена дуже гарно говорила і писала нашою мовою. Громада її полюбила.
Вона мала гарний голос і любила співати в церковному хорі. Також взяла на себе обов'язок вчитилювати в Українській Школі при парафії, де доля її послала виїмкову ученицю Тамару Подопригору, її майбутню улюблену невістку. Пані Олена гарно деклямувала і писала реферати, і тим збагачувала різні українські релєгійні і національні імпрези при парафії і в українському Лондоні. Завжди старалася виступати у вишиванці.

В 1950-их роках при парафії зорганізували відділ жіночої організації, яка походила з України і стала першою українською жіночою організацією в Канаді – СоюзУраїнок Канади. Пані Олена вписалася і дуже скоро вибилася як провідниця і її вибрали на голову Відділу Союзу Українок Канади ім. св. кн. Ольги при Українській Православній Парафії Святої Трійці. Тут Пані Олена розвинула свій організаційний хист і відділ процвітав, хоч належав до менших на Сході Канади. Дбала про допомогу бідним в Україні. Як Східна Філія Союзу Українок Канади попросила лондонський відділ прийняти зїзд для Відділів з Онтарія і Квебеку, то хоч тодійша голова мусіла виїхати з Лондону, то Пані Олена як заступниця все досконало зорганізувала і зїзд відбувся дуже успішно.

Хоч Пані Олена овдовіла, вона далі була активна в громаді Лондону.
З паном Савюком разом зорганізували для українських пенсіонерів клюб "Золотий Вік" ім. Івана Мазепи, з жіночим хором в якому вона також співала. Вона і тут була вибрана головою. Цей клюб здається ще існує, хоч Пані Олена виїхала до Оквил в 2008-му році і вписалася у Відділ Союзу Українок Канади ім. св. кн. Ольги при Українській Православній Катедрі св. Володимира в Торонті.

В її найтяжчі часи вона черпала силу у своїх дітей і внуків. В своїй біографії Моя життєва подорож Пані Олена пише " Мої діти і внуки були моєю сильною опорою якої я ніколи не забуду ".

Пані Олена була ідейна, працьовита, віддана українській справі, глибоко віруюча православна християнка, яка постійно працювала і других заохочувала до праці на добро нашої Української Православної Церкви і для збереження української ідентичності в Канаді. В її словах " Я завжди була горда, що я з крові і кості – Українка " можна відчути її любов до рідньої Батьківщини – України.

Вічна пам'ять і спокій душі цій надзвичайній жінці, вірній дружині, взірцевій мамі, щедрій бабуні і прабабуні, провідній Союзанці і українській патріотці. Родині просимо Божої ласки і спокою, аж до зустрічі в небесних хоромах.

Поет, Борис Олександрів писав:

Найгірше – це загинути безслідно . . .
Але коли зорею вогневою
Ти проіскрив життя своє земне,
Коли твій голос чуйною луною
Торкав серця – то він не промине.

За своє життя Пані Олена Кошарна – Семенюк торкнула багато сердець. Вона не промине.

Анна Троян
Бувша Голова - Відділу Союзу Українок Канади ім. Св. Кн. Ольги при Українській Православній Катедрі св. Володимира в Торонті, Східної Екзекутиви Союзу Українок Канади, Комітету Українок Канади в Торонті.

Петро Бурак

Ділимося сумою вісткою, що 4-го травня, 2015 року, упокоївся Петро Бурак, похований на цвинтарі св. Володимира в Оквіл, Онтаріо біля дружини, Марії, яка упокоїлася в 2008 року. Марія—колишній член Союзу Українок Канади відділ Княгині Ольги в Ґрімзбі, Онтаріо.

Родина Бурак переселилася з міста Судбурі в 1964-му році, оселившись у Бімсвіл, Онтаріо в Ніяґраському півострові, де понад п'ятдесят років опрацьовували фруктовий сад і виноградник. Покійний Петро Бурак з дружиною Марією належали до УПЦК св. Юрія в Ґрімзбі, де віддано працювали в церковних комітетах і співали в церковному хорі. До цієї церкви ми діти належимо й заступаємо наших батьків.

Нехай канадська земля буде Вам пухом, Дорогі Мама й Тато, а милостивий Господь нехай прийме Ваші душі в Царстві Небеснім! Вічная пам'ять!

У смутку залишилися—дочки, Орися й др. Юрій Лисик і Галя та Ярослав Росико, син—Андрій і Люся Бурак, внуки—Люба з родиною, Ляриса, Григорій, Петро, Юстина, Антон, і правнуки—Яків і Матвій.

др. Юрій та пані Орися Лисик,
Ошава, Онтаріо

Stephania Daria Spytkowsky

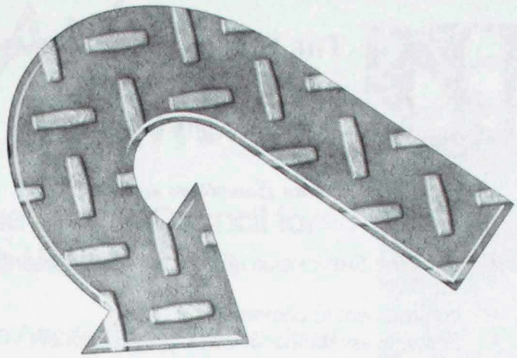
Ділимось сумною вісткою, що упокоїлася довго-літня бувша голова СУС Фундації Канади, бл. п. Стефанія Спитковська. Вічна їй пам'ять!

'Stella', Past President of the SUS Foundation of Canada, passed away unexpectedly on Sunday, November 1, 2015, in her 79th year, in Grimsby, Ontario.

Beloved wife of Michael for 60 years. Devoted mother of Alexander, Marijka, Nancy and Michael Jr. Cherished grandmother of Markian and Kristia. Sister of Ben Michaluk (Anita) and sister-in-law of Carl Spytkowsky (Anne).

The funeral service was held at St. George's Ukrainian Orthodox Church, 19 Ontario Street, Grimsby, on Friday, November 6th.

Leona Bridges



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Art Gallery IN THE SPOTLIGHT

The Alberta Council for the Ukrainian Arts

The Alberta Council for the Ukrainian Arts has been celebrating Ukrainian arts for over twenty years. ACUA was founded in 1986, and came together as a volunteer council to interest visual and performing artists in their Ukrainian identity in order that their creativity stimulate the growth of Ukrainian culture in Alberta.

ACUA is a non-profit Ukrainian arts organization incorporated under the Societies Act of Alberta. It is the mandate of ACUA to facilitate and encourage greater appreciation and awareness of the Ukrainian arts and their cultural significance to the greater Alberta community.

Through exhibitions, tours, festivals, educational programs, workshops, and special projects, ACUA promotes growth and provides support to the Ukrainian arts and artists living in Alberta.

The Alberta Council for the Ukrainian Arts also promotes the development of the Ukrainian arts and provides a communication link between members of ACUA, the Ukrainian arts community and the broader Alberta public.

Opening of the New Gallery and Gift Shop

On September 11, 2015, a Gallery and Gift Shop were opened at the Strathearn Center by ACUA (9534 - 87 Street, Edmonton, AB T6C 3J1).

The space offers multiple rooms for exhibiting artist's works and for various workshops. A directory of artists has been compiled by ACUA. A range of art forms is represented from painting, sculpture and handicrafts to dance and music. Workshops sponsored by ACUA include the culinary arts. Check out their website at www.acuarts.ca. The Council is made up of the following:

Board of Directors:

President - Deborah Stasiuk
Past President - Nadija Szram
Vice -President - Pamela Shapka
Treasurer -
Secretary - Larysa Luciw
Directors:
Terri Adam
Olesia Luciw-Andryjowycz
Rena Hanchuk
Slavka Shulakewych
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Project Coordinator:
Namisha Hlus
Controller: Elena Scharabun
Fund Development: Robin Telasky
Directory Coordinator:
Elena Scharabun

EXTENDED GALLERY HOURS

ACUA will be extending our gallery hours through the holiday season!

Join us in welcoming
Dominika Koziak & Daria Polianska!

Dominika & Daria will be working during our extended holiday hours!

REGULAR GALLERY HOURS

Tuesdays 10 a.m. to 4 p.m.
Wednesdays 10 a.m. to 4 p.m.
Thursdays 10 a.m. to 4 p.m.

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November 5 - December 19

Thursdays 4 p.m. to 8 p.m.
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